



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 14097, Alcoholic Beverage, wine, table, red, Cabernet Sauvignon

Report Date: July 04, 2017 15:28 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 29.4g	1 serving (5 fl oz) 147g
Proximates						
Water	g	86.56	--	--	25.45	127.24
Energy	kcal	83	--	--	24	122
Energy	kJ	347	--	--	102	510
Protein	g	0.07	--	--	0.02	0.10
Total lipid (fat)	g	0.00	--	--	0.00	0.00
Ash ¹	g	0.29	377	0.003	0.09	0.43
Carbohydrate, by difference	g	2.60	--	--	0.76	3.82
Minerals						
Vitamins						
Lipids						
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Amino Acids						
Other						
Alcohol, ethyl ¹	g	10.5	376	0.028	3.1	15.4
Flavonoids						
Anthocyanidins						
Petunidin ^{6 7}	mg	3.3	17	0.77	1.0	4.9
Delphinidin ^{6 7}	mg	4.2	17	0.93	1.2	6.1
Malvidin ^{6 7}	mg	26.2	17	6.06	7.7	38.6
Peonidin ^{6 7}	mg	1.9	17	0.43	0.5	2.7
Flavan-3-ols						
(+)-Catechin ⁷	mg	7.7	16	1.86	2.3	11.3

Nutrient	Unit	1			1 fl oz 29.4g	1 serving (5 fl oz) 147g	
		Value Per 100	Data points	Std. Error			
(-)Epicatechin ⁷	mg	10.7	16	2.57		3.1	15.7
Flavones							
Luteolin ^{8 9}	mg	0.0	24	0		0.0	0.1
Flavonols							
Isorhamnetin ^{8 9}	mg	0.0	24	0		0.0	0.0
Kaempferol ^{8 9}	mg	0.0	24	0		0.0	0.0
Myricetin ^{8 9}	mg	0.3	24	0.04		0.1	0.4
Quercetin ^{7 8 9}	mg	0.6	40	0.08		0.2	0.9
Proanthocyanidin							
Proanthocyanidin dimers ^{2 3 4 5}	mg	15.2	34	7.79		4.5	22.3
Proanthocyanidin trimers ³	mg	2.6	1	--		0.8	3.9

Sources of Data

¹Alcohol and Tobacco Tax and Trade Bureau Wine and malt beverage data from TTB, 2004 Beltsville MD

²Cáceras, A., Peña-Neira, Á., Galvez, A., Obreque-Slier, E., López-Solís, R., and Canals, J.M. Phenolic composition of grapes and wines from cultivar Cabernet Sauvignon produced in Chile and their relationship to commercial value, 2012 J. Agric. Food Chem. 60 pp.8694-8702

³de Freitas, V.A.P., Glories, Y., and Monique, A. Developmental changes of procyanidins in grapes of red *Vitis vinifera* varieties and their composition in respective wines, 2000 Am. J. Enol. Vitic. 51 pp.397-403

⁴Teissedre, P.L. and Landraut, T. Wine phenolics: contribution to intake and bioavailability, 2000 Food Res. Int. 33 pp.461-467

⁵Van Leeuwen, R., Kevers, C., Pincemail, J., Defraigne, J. O., and Dommes, J. Antioxidant capacity and phenolic composition of red wines from various grape varieties: Specificity of Pinot Noir., 2014 J. Food Comp. Anal. 36 pp.40-50

⁶Nyman, N. A. and Kumpulainen, J. T. Determination of anthocyanins in berries and red wine by high-performance liquid chromatography., 2001 J. Agric. Food Chem. 49 pp.4183-4187

⁷Pour Nikfarjam, M. S., Márk, L., Avar, P., Figler, M., and Ohmacht, R. Polyphenols, anthocyanins, and trans-resveratrol in red wines from the Hungarian villainy region., 2006 Food Chemistry 98 pp.453-462

⁸Fang, F., Li, J-M., Zhang, P., Tang, K., Wang, W., Pan, Q-H., and Huang, W-D. Effects of grape variety, harvest date, fermentation vessel and wine ageing on flavonoid concentration in red wines., 2008 Food Res. Int. 41 pp.53-60

⁹Fang, F., Li, J-M., Pan, Q-H., and Huang, W-D. Determination of red wine flavonoids by HPLC and effect of aging., 2007 Food Chemistry 101 pp.428-433